

# Healthy Bites



## Information To Improve the Selection and Use Of Foods In Your Home

### Picnic Safety

Spring 2007 ~ Volume XXXIV

*Summer is here and so is picnic season! It is important to have fun but also practice food safety even outdoors to be sure that your food remains safe to fight off Bacteria.*

If you are having a picnic or are just eating outdoors, remember to first wash your hands before touching the food. Playing outdoors is messy and germs are everywhere- at the playground, on the beach, in the woods, etc. If you do not have access to warm, soapy water, make sure to include hand sanitizer or wipes in your picnic basket to clean your hands before and after handling food.

When packing your picnic basket, think about what you will be serving and whether it needs to be kept cold or heated up on a grill. "Keep hot foods hot and cold foods cold." Meat and poultry products may contain bacteria that cause foodborne illness; therefore, they must be cooked in order to destroy the bacteria. After cooking, keep the meat at temperatures that are either too hot or too cold for these bacteria to grow. Most bacteria do not grow rapidly at temperatures below 40 °F or above 140 °F. The temperature range in between 40-140°F is known as the "Danger Zone." Bacteria multiply rapidly at these temperatures and can reach dangerous levels within 2 hours.

If you are traveling with cold foods, bring a cooler with a cold source such as ice. If you are cooking, use a hot campfire, a grill, or portable stove. Since it is difficult to keep foods hot without a heat source, it is best to transport chilled foods. Refrigerate or freeze the food overnight. A cooler for perishable food is essential! It is important to keep the cooler closed, out of the sun, and covered, if possible, for further insulation. Pack your cooler with several inches of ice, blocks of ice, or frozen gel-packs. Store food in watertight containers to prevent contact with melting ice water.



Some ideas of good picnic basket foods include: peanut butter and jelly sandwiches on whole wheat bread, granola mixed with nuts and raisins, fresh fruits and vegetables such as apples, watermelon, raw carrots, celery with peanut butter on top, bottles of water, and 100% juice boxes. Foods to stay away from if you are unsure about your ability to keep them at an adequate temperature include those with eggs, dips and salad dressings, meats, and foods that need to be kept hot.

Source: <http://www.fsis.usda.gov/>

### \*\*CHECK THE LABEL\*\*

#### Sodium

Sodium, a component of salt, is listed on the Nutrition Facts label in milligrams. Small amounts of sodium are necessary for keeping proper body fluid balance. Too much sodium can contribute to high blood pressure. Almost all foods naturally contain small amounts of sodium. Sodium also adds flavor and helps preserve food.

Healthy adults should eat no more than 2300 milligrams (mg) of sodium a day. This is about 1 teaspoon of sodium chloride (salt). Children ages 2-8 should consume only 1000-1900mg of sodium a day.

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol Less than 5mg	0%
<b>Sodium 120mg</b>	<b>5%</b>
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Sources: <http://www.kidshealth.org> and <http://www.americanheart.org>

### SUMMERTIME YOGURT SMOOTHIES

#### Instructions for using the blender.

1. Unplug the blender if it is plugged in.
2. Put ingredients in the blender jar.
3. Place jar on blender base. Be sure the lid is on.
4. Plug the blender in.
5. An adult should operate the blender.
6. As soon as it is turned off, unplug.

#### INGREDIENTS:

For 2 or more servings:

- 1/2 cup frozen or fresh fruit, such as bananas, strawberries, blueberries, or raspberries
- 1/2 cup 100% orange juice
- 1 cup plain low-fat or fat-free yogurt

Add skim milk to thin if desired.

**Serve immediately as a cool beverage treat or freeze as fruity frozen pops!**



# DEHYDRATION

**What is Dehydration?** Dehydration means your body does not have as much water and fluids as it needs to carry out normal functions. Dehydration can be mild, moderate, or severe based on how much of the body's fluid is lost or not replenished. When severe, dehydration is a life-threatening emergency.

**What causes Dehydration?** Losing too much fluid, not drinking enough water or fluids, or both can cause dehydration. If your body is losing too many fluids because of vomiting, diarrhea, fever, excessive urine output, or excessive sweating during exercise, you may be at risk for dehydration. Sometimes people are not taking in enough fluids because of sore throats, nausea, or loss of appetite due to illness and they are also at risk for dehydration.

**Who can become Dehydrated?** Infants and children are more susceptible to dehydration than adults because of their smaller body weights and higher turnover of water and electrolytes. The elderly and those with illnesses are also at higher risk. Athletes and people working outdoors when it is hot out are also at risk for dehydration.

**How do I know if I am dehydrated?** The symptoms of *dehydration* include: dry mouth, headache, little or no urine output, dark yellow urine, not able to produce tears, sunken eyes, sunken soft spot on the top of the head in an infant, dizziness or feeling lightheaded, and extreme thirst. Some people may also feel nauseated and may vomit or have diarrhea as a result of being dehydrated. Symptoms of *severe dehydration* include confusion, irritability, fast heart beat, increased body temperature, low blood pressure, fainting, feeling extremely sleepy, seizures, and comatose. Infants and children may also be extremely fussy or sleepy.

**How do I treat dehydration?** For mild dehydration, drinking fluids is usually sufficient for replenishing water in the body. It is better to have frequent, small amounts of fluid (using a teaspoon or syringe for an infant or child) rather than trying to force large amounts of fluid at one time. Drinking too many fluids at once can bring on more vomiting or other serious side effects. Electrolyte solutions or freezer pops are especially effective in rehydrating your body. Sport drinks contain a lot of sugar and can cause or worsen diarrhea so it is important to drink them in small amounts or dilute them with water. Also, avoid solid foods and drink only clear liquids to prevent vomiting or diarrhea. In moderate to severe dehydration, IV fluids in a hospital may be necessary to rehydrate the patient.



**How do I prevent dehydration?** Even when you are healthy, drink plenty of fluids and consume foods high in water such as fruits and vegetables every day; also make sure that children are also consuming adequate amounts of fluids. It is important to drink more water in hot weather or if you are exercising, because as you sweat, your body loses more fluids. If you believe that dehydration is developing in you or someone else, consult a doctor before the person becomes moderately or severely dehydrated. In an ill person, fluid replacement should begin as soon as a fever or vomiting and diarrhea start -- DO NOT wait for signs of dehydration. Always encourage the person to drink during an illness, and remember that a person's fluid needs are greater when that person has a fever, vomiting, or diarrhea. The easiest signs to monitor are urine output (there should be frequent wet diapers or trips to the bathroom), saliva in the mouth, and tears when crying.

Sources: [www.nlm.nih.gov](http://www.nlm.nih.gov) and [www.mayoclinic.com](http://www.mayoclinic.com)

## **\*\*WORD WISE\*\***

### **Electrolyte: e-lec-tro-lyte**

Electrolytes are minerals in your blood that carry an electric charge. It is important for the balance of electrolytes in your body to be maintained, because they affect the amount of water in your body, your blood pH, muscle action, and other important processes. You lose electrolytes when you sweat, and these must be replenished by drinking lots of fluids. Electrolytes exist in the blood as acids, bases, and salts (such as sodium, calcium, potassium, chlorine, magnesium, and bicarbonate).

Source : <http://www.nlm.nih.gov>

## **\*\*NUTRITION TRIVIA\*\***

### **Did you know that the following foods are high in sodium?**

- Luncheon and cured meats, soy protein products including marinated tofu or miso, cheese, and processed cheeses including American.
- Frozen dinners or frozen main entrees, soups including canned or packaged, most Asian foods including Chinese and Japanese foods made with teriyaki or soy sauce, and East Indian, Thai and Vietnamese unless prepared without added sauces containing salt or sodium products.
- Most Mexican foods including tacos, enchiladas, burritos and tamales.

### **How can you lower your sodium intake?**

- Avoid adding salt and canned vegetables to homemade dishes.
- Choose fresh, frozen or canned food items without added salts.
- Select fat-free or low-fat milk, low-sodium, low-fat cheeses, as well as low-fat yogurt.

Sources: <http://www.americanheart.org> and <http://www.pamf.org/>

## Physical Activity

Get moving! School is out and summer is here. Some activities require adult supervision so get parents or caregivers involved in the fun! Create your own physical activity calendar at: [http://www.bam.gov/sub\\_physicalactivity/index.html](http://www.bam.gov/sub_physicalactivity/index.html)

- ☀ Go for a swim at Metro beach or at another park nearby.
- ☀ Go to the beach and build a sandcastle.
- ☀ Wash the car.
- ☀ Go on a picnic at the park or in your backyard.
- ☀ Shoot some hoops.
- ☀ Play tennis.
- ☀ Go for a walk or a hike.
- ☀ Ride bikes.
- ☀ Fly a kite.
- ☀ Go fishing.
- ☀ Go in-line skating.
- ☀ Have a water balloon or squirt gun fight.
- ☀ Go to a park.
- ☀ Run through the sprinkler.
- ☀ Set up a lemonade stand in your neighborhood.
- ☀ Draw on the sidewalk with chalk.
- ☀ Jump rope or play frisbee.
- ☀ Play games outside like soccer, baseball, hide and seek, kick the can, hopscotch, and tag.
- ☀ Play volleyball or badminton with beach balls.
- ☀ Offer to wash an elderly neighbor's car.
- ☀ Plant a family garden.



Sources: <http://www.girlpower.gov/girlarea/06jun/summer.htm> and <http://www.bam.gov/index.html>

### Mount Clemens Farmers Market

*Fresh, Locally Grown Products Since 1979*

THE MARKET OPENS FOR THE SEASON SATURDAY, MAY 5TH





**MARKET DAYS AND HOURS**  
 Fridays and Saturdays - 7 a.m. to 1 p.m.  
 May thru November

**MARKET LOCATION**  
 Located at the City's Park & Ride Lot on North River Road between I-94 & North Bound Gratiot Avenue

### Check our Web site:

[macombcountymi.gov/msuextension](http://macombcountymi.gov/msuextension)

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

### Want to be on our mailing list? Please call!

Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact. Also, please let us know the number distributed for our tally.



Copy cats permitted!



For more information or questions regarding food and nutrition, contact us!

#### MSU Extension - Food and Nutrition

21885 Dunham Road, Suite 12  
 Clinton Township, Michigan 48036  
 Phone: 586-469-6432